


Movement and Relaxation Yoga Skill Assessment

Name:	Skill: Sphinx
Critical Instances	Personal Execution
<div data-bbox="203 396 777 779">A woman with brown hair tied back, wearing a black tank top and black leggings, is performing the Sphinx pose on a blue mat. She is lying on her belly with her knees bent and feet flat on the floor. Her arms are extended forward, and her head is lifted, looking towards the left. The background shows a white wall with some colorful diagrams or posters.</div> <p>Lie prone (on your belly), legs side by side. Firm your tailbone toward your pubis and lengthen it toward your heels. Then, rotate your thighs inwardly by rolling your outer thighs toward the floor. This helps broaden and lengthen your lower back and sacrum (the downward-facing triangular bone at the back of your pelvis) to protect it in a back bend. Reach actively through your toes to the wall behind you. As you move into the pose, be sure to continue lengthening your tail toward your heels to protect your lower back. While your legs are active, your tongue, eyes and brain should be quiet. Set your elbows under your shoulders and your forearms on the floor parallel to each other. Inhale and lift your upper torso and head away from the floor into a mild backbend. The final step to building a solid foundation in Sphinx Pose is to bring awareness to your lower belly, the area just above the pubic bone and below the navel. Lightly draw it away from the floor to create a dome that rounds up toward your lower back. This is very subtle—no sucking in, hardening, or rigidity required. This belly lift supports and distributes the curvature of your backbend more evenly along the length of the spine, soothing your lower back and awakening your upper back.</p>	